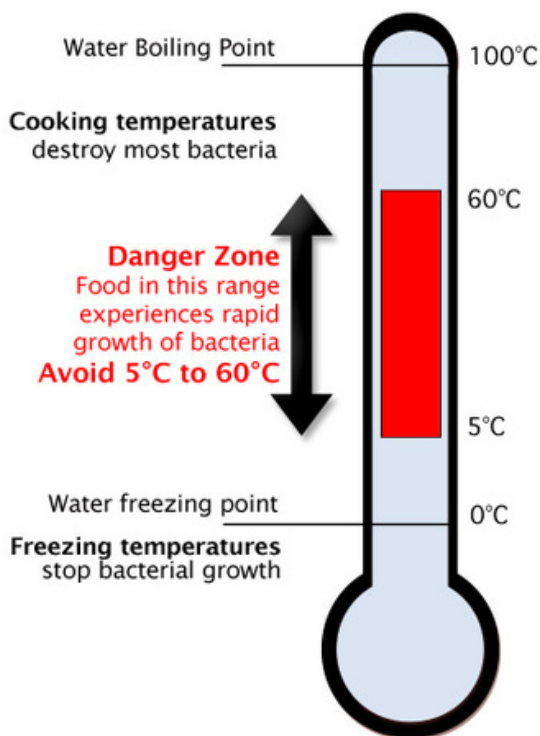


TIPS TO KEEP FOOD SAFE

Food poisoning is never fun and young children are at a higher risk than adults. It is important to ensure your child's lunchbox stays cold (or hot) at school. Take special care with high-risk foods like meat, fish, milk, dairy products and eggs.

Follow these top tips to ensure the lunchbox is kept safe all day long.



Information and Advice - Food Safety.

The food danger zone

The danger zone is a temperature range when the bacteria in food can rapidly increase.

The danger zone is when the temperature of a food is between 5°C and 60°C.

Store foods below 5°C or above 60°C.

The more bacteria in a food, the greater the risk of food poisoning. It is difficult to know whether your child's lunch has sat in the food danger zone for too long.

Pack foods according to whether they need to be kept cold or hot.

2 hour / 4 hours Rule

Time at temperatures between 5°C and 60°C

0-2 hours	2-4 hours	Over 4 hours
Use immediately or return to the refrigerator	Use immediately or discard food	Discard food



TIPS TO KEEP FOOD SAFE



1. ALWAYS PACK AN ICE BRICK

- Did you know that lunchboxes packed without an ice brick reach temperatures of 12 degrees warmer than those with an ice brick? They also grow more than four times the amount of food bacteria.
- Lunchbox food safety is so important. Don't forget to pack an ice brick!



2. INSULATED LUNCHBOXES AND COOLER BAGS

- Be prepared and invest in a quality insulated lunchbox or cooler bag.



3. THE FREEZER IS YOUR FRIEND

- Freeze water bottles or reduced fat milk poppers to use as an ice brick in the lunchbox. This is a great way to keep food cold, fresh and safe. As the drink melts it will double as a refreshing drink.
- Use frozen bread to make sandwiches. It helps keep the lunchbox cool and will be defrosted by lunchtime.

4. KEEP IT IN THE FRIDGE

- Store the lunchbox in the fridge until you leave the house for school. Make it the last thing you grab before you run out the door.

5. KEEP IT CLEAN

- Always wash and dry your hands thoroughly before preparing the lunchbox.
- Ensure lunchboxes and containers are washed daily, properly dried and kept clean.

6. STORE HOT LUNCHBOX FOODS ITEMS IN A THERMOS

- Look for a good quality thermos as they will keep food hot for longer.
- Heat the food to very hot before placing in a pre-heated thermos.
- Don't forget to pack a fork or spoon.



Disclaimer: Serving hot foods at school can carry a risk of scolding and burns if the flask is not used appropriately. The decision to send hot foods to school in a flask will vary with each child and may be determined by your school.

